



Center for Healthy Weight

Newsletter

Spring 2007

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1. FUNDRAISING

LPFCH and LPCH joint grant for Community Prevention of Childhood Obesity Project



The Center for Healthy Weight received a \$100,000 grant from Lucile Packard Children's Hospital and the Lucile Packard Foundation for Children's Health to begin a project to identify and implement evidence-based interventions within community organizations and schools to prevent childhood obesity. An application for \$1M has been submitted to the Vitamin Settlement Consumer Settlement Fund to fully fund the project. Additional funding is being sought from organizations such as the Robert Wood Johnson Foundation and the California Endowment. We expect to gather the required funds and move forward with the project in the near future.

Help Raise Healthy Children Benefit Event



LPCH, the Oakland Children's Hospital, San Francisco General Hospital and Alice Water's Edible Schoolyard will be the recipients of funds raised from a benefit in San Francisco to combat childhood obesity. The event is being organized by philanthropist Deborah Strobins and will be held on January 14, 2008. Karen Kemby, Director of Business Development for LPCH, discussed the history and success of the Center for Healthy Weight at the luncheon honoring the recipients of the charitable grants.

2. PROGRAM UPDATES

Patient Care

Pediatric Weight Control Program



Approximately 85 children enrolled in the program this fiscal year. 35 children will participate in the program offered at LPCH, while an additional 50 children will complete the program held in San Jose and Gilroy through a partnership with the School Health Clinics and Community Health Partnership. Outcomes are expected to be outstanding.

Program graduate Austen with Director Cindy Zedeck

Stanford Pediatric Weight Control Program Training Institute

Clinicians and health educators throughout the country are being trained to offer the Packard Pediatric Weight Control Program developed here at LPCH. The Training Institute is an important component of our strategy to disseminate what we have learned and created through our experience with the weight control program. 29 people have been trained in the first two sessions. Another 13 people have signed up for the next Training Institute scheduled for June 19-22, 2007. For more information, please contact Krissy Connell at (650) 724-7742 or email spwcpinst@stanford.edu.

Pediatric Weight Clinic

The Pediatric Weight Clinic has a six month waiting list. At this time, the clinic is only able to care for children who are suffering from severe complications of their obesity, or who are candidates for bariatric surgery. It appears that the demand for our services may exceed our ability to see new patients for some time as approximately 152,000 children in San Mateo and Santa Clara Counties are overweight or obese. In addition, as one of the few organizations with expertise on the evaluation and treatment of the obese child, LPCH receives referrals from many Western states.

Bariatric Surgery



Three new surgery candidates have been identified and are undergoing evaluation to determine whether they are good candidates for Bariatric surgery. As an example of the comprehensive care we provide, at a recent post op support group Dr. Lee of Stanford Hospital discussed the value of plastic surgery for stretched skin on the abdomen and arms of formerly grossly overweight individuals. For more information on bariatric surgery, please contact Susan Farrales at (650) 736-2114 or sfarrales@lpch.org.

LPCH Bariatric Surgery Patient Kayla who lost 185 pounds.

Research

SPORT (Sports to Prevent Obesity Randomized Trial)

The SPORT program continues to recruit children to study the effectiveness of soccer vs. an after school health education program. To be eligible children must be 8-11 years old with BMI at or above the 85th percentile and attend school in the Ravenswood City School District in East Palo Alto. To refer a patient, contact Dr. Dana Weintraub at dana.weintraub@stanford.edu or 650-724-4019.

Research Seminars

The Center for Healthy Weight is holding monthly research seminars on the third Thursday of each month, from noon to one pm to bring together researchers, physicians and professionals from different backgrounds to continue our efforts to advance our knowledge of obesity and facilitate collaborative research. The schedule of upcoming speakers can be found on the Stanford events calendar at <http://events.stanford.edu/byOrganization/838/>. Past speakers are listed at the end of this newsletter. For more information, to receive reminders, to recommend a speaker or to present at a seminar, please contact Michelle Oppen at 650-723-4130 or moppen@lpch.org.

Community Programs

Stanford Community Day

The Center for Healthy Weight co-hosted a booth with LPCH Nutrition Services and the LPCH Heart Center at the Stanford Community Day. We were very pleased with the number of families who came by to discuss issues related to obesity.

Speakers Network

The Center for Healthy Weight has created a Speakers Network consisting of faculty and staff of LPCH, Stanford Hospital and Stanford University who have agreed to speak on a variety of obesity-related topics for the local community. If you would like to join the network or request a speaker please contact Michelle Oppen at 650-723-4130 or moppen@lpch.org

Local County Collaborative Involvement

The Center for Healthy Weight staff continues to be involved with Healthy Silicon Valley of Santa Clara County and the San Mateo County Prevention of Childhood Obesity Taskforce. For more information, visit www.healthysiliconvalley.org or <http://www.smhealth.org/hppp>.

Advocacy for Public Policy Change

Visit from NACHRI

The Center for Healthy Weight hosted the Assistant Director of Child Advocacy of NACHRI during which our Center leaders provided a comprehensive overview of our research and clinical programs. NACHRI is seriously considering childhood obesity as their central advocacy issue and we are honored to be one of the major contributors to their understanding of the issues surrounding the issues of childhood obesity.

Support for SB 120 and SB 107

The Center for Healthy Weight submitted letters of support for Senate Bills 120 and 107. SB 120 would require restaurant chains with 10 or more outlets in California to post nutrition information next to items on menus and menu boards. The bill is sponsored by the American Heart Association and the California Center for Public Health Advocacy and was recently passed by the Senate Health Committee. SB 107 would provide funding to stimulate innovative healthy food retailing in California communities with limited access to healthy foods like fresh produce. It is sponsored by the American Heart Association, the California Center for Public Health Advocacy, PolicyLink.

Pediatric Advocacy Program

As part of the Community Pediatrics and Child Health Rotation, LPCH Pediatric interns are currently working with the Ravenswood City School District to implement the District Wellness Policy that we helped write in 2006. Residents have met with parent liaisons to develop nutrition and physical activity classes for school parent groups and have created and delivered several presentations on topics ranging from reading food labels to ways to increase children's physical activity. Additionally, residents are working with the school nurse to explore opportunities to replace the current district food supplier in order to offer the district's children healthier school breakfasts and lunches.

In addition, two LPCH Stanford Advocacy Track residents are completing a series of nutrition and physical activity classes for parents and children at Head Start in East Palo Alto. A select group of participating parents are learning how to teach classes to other Head Start parents. For more information on the Pediatric Advocacy Program, please contact Janine Bishop at jbishop@stanford.edu or 650-725-0923.

LPCH Wellness Committee

The LPCH Wellness Committee has conducted a survey of LPCH employees to assess items such as how frequently staff use the cafeteria and vending machines and their awareness and use of on campus fitness programs. Survey results will be available in June.

Letter to Maria Shriver

Tom Robinson and Craig Albanese wrote a letter to California First Lady Maria Shriver to familiarize her with the Packard's efforts to combat childhood obesity and to invite her to visit our facility.

3. SPEAKING ENGAGEMENTS

Nutrition and Diet Workshop

Andrea Chilton represented the Packard Pediatric Weight Control Program as an invited speaker for a workshop on Nutrition and Diet at the 49ers Academy in East Palo Alto on April 26th.

"Obesity in Primary Care"

Dr. Elizabeth Shepard presented at the Pediatric Noon Conference at LPCH on March 28.

"The Packard Pediatric Weight Control Program -- Healthy Tips for a Healthy Lifestyle"

Cindy Zedeck served as a panelist at the Bay Area Breast Cancer and Environment Research Center Conference in San Francisco on March 10.

"Improving Children's Heart Health"

Dr. Tom Robinson spoke at a Stanford Continuing Studies Course on March 10. The title of the course was "Heart Disease in America: Public Enemy #1".

"Global Problems and Shared Solutions"

Dr. Fernando Mendoza presented at the International Congress on Public Health held by the National Institute of Public Health in Cuernavaca, Morelos, Mexico, March 7-9.

"Medical Evaluation of the Obese Child"

Dr. Elizabeth Shepard presented at Pediatric Grand Rounds at the Community Hospital of the Monterey Peninsula, Monterey, CA on March 6.

"A Solution-Oriented Paradigm for Childhood Obesity Research"

Dr. Tom Robinson presented at the Stanford Prevention Research Center on February 28.

“Food and Nutrition”

Dr. Elizabeth Shepard spoke at Stanford University School of Law and Medicine course on February 14. The title of the course was “Medical-Legal Issues in Children's Health”.

“Nutrition and Health for Life”

Dr. Elizabeth Shepard presented at the California State Nurses Organization Annual Conference in Santa Clara, CA on February 8.

“Beyond Primetime: Will media help grow healthier kids?”

Dr. Tom Robinson participated in a panel discussion hosted by The Aspen Institute and Common Sense Media in New York, NY on February 5-6.

"Promoting Behavior Change"

Dr. Tom Robinson presented at the Pediatric Housestaff Educational Conference at Lucile Packard Children's Hospital on January 23.

4. PUBLICATIONS

Institute of Medicine Committee on Progress in Preventing Childhood Obesity. *Progress in Preventing Childhood Obesity: How Do We Measure Up?*. Washington, DC: The National Academies Press, 2007.

Institute of Medicine Joint U.S.-Mexico Workshop on Preventing Obesity in Children and Youth of Mexican Origin. *Joint U.S.-Mexico Workshop on Preventing Obesity in Children and Youth of Mexican Origin: Summary*. Washington, DC: The National Academies Press, 2007.

5. COMMITTEE APPOINTMENTS

Dr. Tom Robinson was appointed as an Expert Panel Member, National Heart, Lung, and Blood Institute (NHLBI) Expert Panel to Develop Guidelines for Cardiovascular Risk in Children and Adolescents.

Dr. Tom Robinson was appointed to the National Advisory Council, Save the Children, CHANGE Program (Creating Healthy, Active, and Nurturing Growing-up Environments) for rural U.S. youth.

6. AWARDS

Dana Weintraub, MD, was recently honored with the prestigious Natalie Lanam Achievement Award from the San Mateo County Legal Aid Society for her leadership with the Family Advocacy Program (FAP). FAP strives to improve the health and welfare of low income children and their families by providing legal services in health care settings; training health care providers to identify non-medical contributors to poor health; and addressing policy issues that impact children's health.

7. CHW IN THE NEWS

[School's challenge: No TV](#) San Francisco Chronicle, 4/25/07

Tom Robinson provided comment regarding research that found that children who cut back on screen time are less verbally and physically aggressive on the playground.

[Healthy snacking](#) Healthy Kids, 4/25/07

Alan Greene, MD, FAAP, answered questions regarding how parents can get their kids to eat healthier snacks.

[Kids, sports and nutrition](#) KQED-FM, 4/16/07

Tom Robinson was an in-studio guest for KQED's morning program Forum. The topics discussed included why some Bay Area children are playing a lot of sports, while others don't get enough exercise. How much exercise is healthy? And how do you feed a young athlete?

[Big gulps, Teen Vogue](#), May Issue

Julie Matel, MS, dietician and nutritionist at Packard Children's, provided comment regarding the amount of calories and sugar in fruit juice and healthy alternatives to them.

[Where your food comes from](#) KGO-AM, 04/16/07

Alan Greene, MD, pediatrician at Packard Children's, was interviewed regarding the importance of paying attention to where your food comes from along with tips to ensure food safety.

[Growing problems](#) Gilroy Dispatch, 04/10/07

The Gilroy Neighborhood Health Clinic, a partner with the Packard Pediatric Weight Control Training Institute, is hosting weekly weight-loss classes in an effort to reduce the growing number of overweight children and adults in the area. This article mentions that the clinic was given a start-up grant by Packard Children's.

[Food for Thought](#) Advance for Nurses, 4/9/07

Susan Farrales, MSN, FNP, program coordinator for the Adolescent Bariatric Surgery Program, and Cindy Zedeck, MA, program manager of the Pediatric Weight Control Program, provided comment regarding the Pediatric Weight Control Program and the different approaches to tackling childhood obesity.

[Advertising and obesity](#) KGO Radio, 3/28/07

Tom Robinson was interviewed on the "Big Story" on KGO Radio. Dr. Robinson discussed the topic of pediatric obesity and how advertising plays a role in this epidemic.

[Life-changing surgery for obese girl](#) ABC-7, 3/9/07

John Morton, MD, director of the adult bariatric surgery program, provided comment on the benefits of bariatric surgery in this update on Packard Children's patient Chelsey Lewis. Dr. Morton and Craig Albanese, MD, chief of pediatric general surgery, performed gastric bypass surgery on Chelsey just over a year ago. In the 14 months since the surgery she has lost nearly 200 pounds.

[Doctors, families team up against obesity](#) Contra Costa Times, Alameda Times Star, Contra Costa

Times, Fremont Argus, San Mateo County Times and Tri-Valley Herald, Joel Killen, MD, professor and a member of the Center for Healthy Weight Team at Packard Children's, provided comment regarding how quick intervention is needed to halt the childhood obesity epidemic.

[Preteen struggles: From eating disorders to being overweight](#) Childhood Matters (KISS FM), 2/25/07

Pam Carlton, MD, clinical educator and research associate in Adolescent Medicine at Packard Children's, was recently a guest on the KISS-FM Sunday Morning Show "Childhood Matters," where she discussed eating disorders in adolescents, as well as her new book, "Take Charge of Your Child's Eating Disorder". She was also a recent guest of KBSG-FM in Seattle.

[Set-free](#) Prevention, 02/19/07

Thomas Robinson is featured in this article that lists 8 ways to set your child free from TV.

[The Toy Tips delicious and nutritious guide](#) Toy Tips, February Issue

Monica Holt, registered dietician at Packard Children's, provided nutritional insight to parents regarding kid-taste approved products that are available in schools and markets.

[Getting fit, bit by bit](#) Bay Area Parent, February Issue

Dana Weintraub provided comment regarding how parents and kids can participate in a healthy lifestyle to help stem the tide of childhood obesity.

[Harkin news conference on childhood physical inactivity](#) Press Release, 2/13/07

Stanford University SOM researchers William Haskell, PhD, and Wesley Alles, PhD, will participate in a Washington, D.C., news conference with U.S. Sen. Thomas Harkin, D-Iowa, on physical inactivity and obesity in the nation's youth. Thomas Robinson and Larry Hammer will serve as a local expert on the topic of pediatric overweight and obesity.

[Weighing the risks Plastic Surgery Products](#) (no online link available), February Issue.

Susan Farrales provided comment regarding the process that patients and family must go through before bariatric surgery can be performed on an adolescent at Packard Children's.

[Is organic food worth the bigger price bite?](#) Globe and Mail (Canada), 01/12/07

Alan Greene provided comment in a discussion of the growing popularity of organic food and whether or not it is a healthier choice for children.

[Parents opt for upscale baby food](#) Austin American Statesman, 1/3/06

Elizabeth Shepard provided comment on the trend towards refrigerated or frozen baby eats, many of which are focused on sound nutrition and fresh taste.

[Let's resolve to help our kids slim down](#) Hollister Free Lance, 1/2/07

Childhood obesity rates have tripled in California over the past 30 years and San Benito County is at the very forefront of this troubling trend. This editorial feature noted that the Center for Healthy Weight at Packard Children's is a comprehensive program to treat childhood obesity and the related medical fallout that comes hand-in-hand with excess pounds.

[Fitness Centers Focus on Kids](#) Monterey County Herald, 12/10/06

Dana Weintraub provided comment regarding fitness centers for children. Dr. Weintraub notes that the fitness industry is responding to a change in youth lifestyles that has led to an increased number of sedentary activities such as playing video games and watching television.

8. PREVIOUS RESEARCH SEMINARS

George Bray, MD, Boyd Professor and Chief of Clinical Obesity at Pennington Biomedical Research Center, Baton Rouge, LA and Professor of Medicine, Louisiana State University gave a talk on "Weight Control: Beyond Energy Balance".

Robert W. Jeffery, Ph.D., Professor, Division of Epidemiology and Community Health, University of Minnesota, School of Public Health; Director, University of Minnesota Obesity Prevention Center (OPC) presented on Economic Incentives for Weight Control.

Jay Bhattacharya, MD, Assistant Professor of Medicine at Stanford University presented a talk entitled "Who Pays for Obesity?".

Steven Blair, P.E.D., Professor of the Department of Exercise Science and the Department of Epidemiology and Biostatistics at the University of South Carolina spoke on the topic of "Exercise as Medicine."

Michele Simon, JD, MPH, Adjunct Professor, University of California, Hastings College of the Law, Research and Policy Director, Marin Institute, and author of the new book, Appetite for Profit presented her talk entitled "Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back."

Dr. Rebecka Peebles, MD, Instructor of Adolescent Medicine, Stanford University/LPCH Center for Healthy Weight spoke about "Pro-ED Websites: Disordered Eating in a New Age."

Larry Hammer presented on "Longitudinal studies of factors influencing feeding from infancy through childhood and their relationship to BMI".

Christopher Gardner, PhD, Assistant Professor (Research) of Medicine, Stanford Prevention Research Center presented on "Battle of the Weight Loss Diets: Is Anyone Winning (at Losing)?"